QC

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Push presents
What do you think?
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An Evening in Greece raises $100,000 for Regina charities **P. 22**



THE POWER OF SPIRIT

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FREE

FASHION

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SASKATCHEWAN STYLE

Krista Rohatyn: Dress-up look inspired by classics

By Ashley Martin



When Krista Rohatyn is serving at Bushwakker or hosting trivia at O'Hanlon's, she's in jeans and a T-shirt. So when she gets a chance to dress up she goes all out.

"It's nice to get pretty and be a girl every once in a while," says Rohatyn.

When she gets dolled up, Rohatyn goes for classic looks inspired by Marilyn Monroe and Bettie Page.

"I don't like anything that's too revealing but I like to show a little bit of skin," she says. "There's a balance to be had."

Rohatyn's interest in fashion goes back to high school, when she was captivated by runway shows. In her second year of university, she planned a European trip around fashion weeks. She didn't get to attend any shows but "it was just cool being around that atmosphere."

Over the years, her style has changed, adapting things she liked as a teenager to be suitable for adulthood, but some things never changed.

"I really love the classics so that's kind of what I've stuck with."

Casually attired most of the time, Rohatyn strives for unique pops in her outfits.

"I always wear jewelry. I like to be unique in whatever look I have, even if it is just a T-shirt and jeans.

"As a bigger girl, you appreciate accessories, shoes, purses, because you can always fit into them."



1. **HAIR:** By stylist Amber Armstrong. "My hairstyles vary. I'm not always going to do the rockabilly style or the pin-up style, but it's definitely the style for dress-up that I prefer."

As for her colour, "I like really unnatural colours for my hair. I said, 'Make it as white as you can. I want almost an old-lady blue to it.'"

2. **EARRINGS:** Cathedral Village Arts Festival. "My favourite place is the arts festivals, the folk fest ... to shop for jewelry."

3. **DRESS:** The Bettie Page store in Las Vegas. "The nice thing about pin-up girl style is for girls with curves, it really works for you."

4. **BRACELETS:** Collected over the years — souvenirs from Mexico, some were her mom's as a teenager, others came from friends. "I almost always have a bracelet on."

5. **TIGHTS:** 'Stockings always are a necessary accessory, whether it be fishnets or back-stripe or anything like that. Just gives you a little bit more individuality."

6. **SHOES:** "They're an Italian leather shoe that were on ridiculous sale because (the store was) closing out at the time.

Krista Rohatyn at O'Hanlon's in Regina

QC PHOTOS BY DON HEALY

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Jim Weisgerber, former archbishop, at Holy Rosary Cathedral in Regina, the first church he worked in after being ordained QC PHOTO BY BRYAN SCHLOSSER

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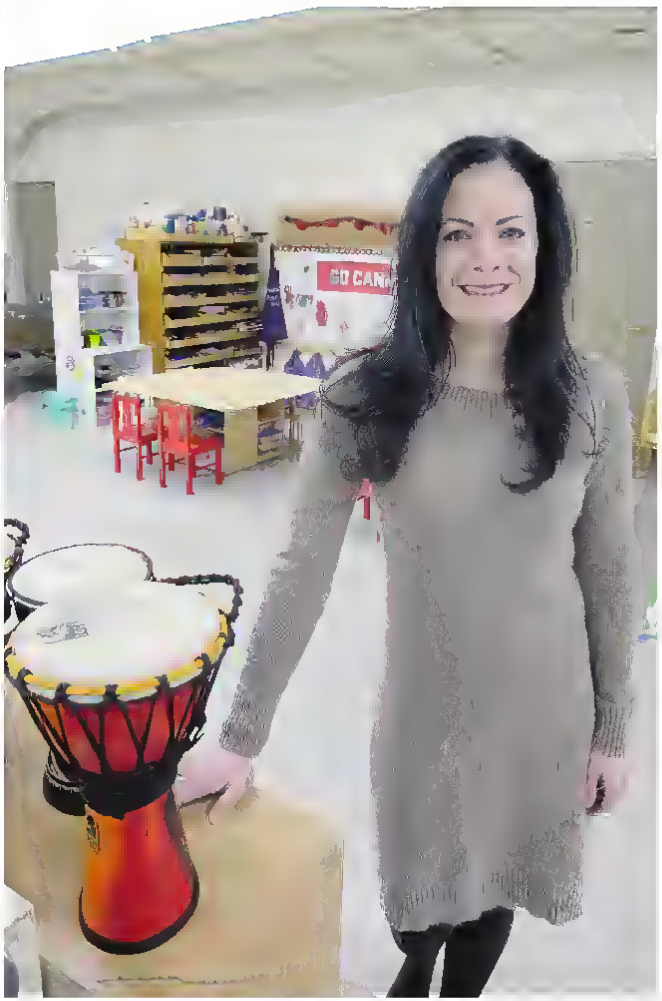
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Teacher Jodi Sobool at the Preschool Fine Arts Co-operative, her favourite place in Regina. It's located in the MacKenzie Art Gallery QC PHOTO BY BRYAN SCHLOSSER

QC COVER PHOTO BY BRYAN SCHLOSSER
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ON THE COVER

A very esteemed vocation.
— Jim Weisgerber

JIM WEISGERBER

Shepherd without a flock

By Will Chabun

There's that word again: "serendipity."

Not once, but twice in the course of an interview Jim Weisgerber has used it.

Wikipedia defines it as a "fortuitous happenstance" or "pleasant surprise." And as Weisgerber, one of the best-known clergymen Saskatchewan has produced, smilingly concedes, it describes his career well.

He's been able to see, up close, dramatic events in the history of the church he's chosen to serve — and his country too. He was ordained just as tectonic changes were rippling through the church. He worked for one of the most charismatic characters to have ever been a priest in this province. Later, as an archbishop, he watched the agonizing legacy of residential schools unfold, and helped salve the wounds, taking the issue all the way to Rome.

"It's all grace," said Weisgerber, who has been the Roman Catholic bishop of two major Canadian cities. "I have no idea why I was privileged to see all this."

■ ■ ■ ■

This story begins in his hometown of Vibank, a German-Catholic farming community southeast of Regina where "the church was the centre of everything."

Even as a boy, Weisgerber was interested in the priesthood, which the community saw as a "very esteemed vocation." That's why his parents sent him to St. Peter's College in Muenster for high school, plus a year of arts classes that led him to enter theological training at the University of Ottawa.

Michael O'Neill, the archbishop of Regina, deemed it important for the student to learn Canada's second language. "I think that changed my vocation because every job I've got I've got because I could speak French," said Weisgerber, who feels comfortable preaching in French, but confesses to an accent.

Once ordained, the young priest was assigned to Regina's elegant Holy Rosary Cathedral, working with Rev. Walter Wadey. It was a particularly exciting time. Pope John XXIII had started an overhaul of the Roman Catholic church through the Vatican II council.

The church had been in a "reactive mode" for centuries after the Protestant reformation. Vatican II was seen as a way to modernize, to be more positive and to reach out to church members.

No better example was there than using the vernacular — English — in a place like Regina — in place of a heavy dose of Latin. The laity — that is, ordinary church members, were asked to take more of a role. Everything seemed possible.

"Those were very heady times," said Weisgerber, in a chat in his modest south-end Regina condo, where his many souvenirs include jerseys in the colours of the Winnipeg Jets and Saskatchewan Roughriders. Novels by Guy Vanderhaeghe and Ian Rankin jostle with religious themes and his many awards: the Order of Canada, the Saskatchewan Order of Merit and its Manitoba equivalent, plus an honorary degree from the U of M.

"The church in its essence does not change — but its structure and the way it finds itself — does change."

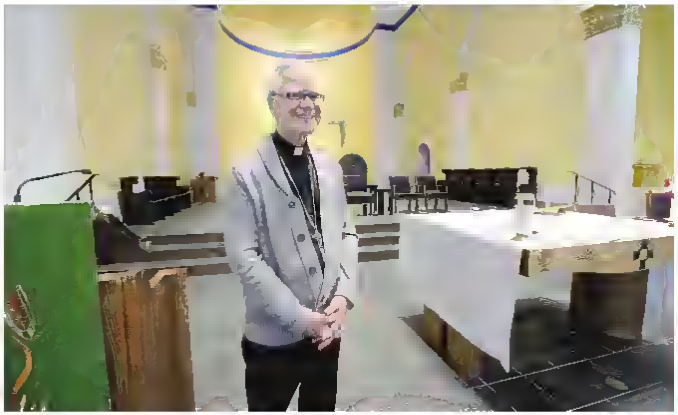
We seem to be in another of those periods today. The new Pope Francis — a janitor and nightclub bouncer in his younger days — certainly isn't wasting any time in seeing who we can be in this new world.

Some commentators seem fixated on how Francis chided some Catholics for obsessing over abortion and same-sex marriage, when they should be offering help to those who need it. Weisgerber, who's "surprised and delighted" by Francis's assertiveness, warns against concluding that Francis wants issues to be handled in a certain order.



Retired archbishop Jim Weisgerber at the Holy Rosary Cathedral in Regina. QC PHOTO BY BRYAN SCHLOSSER

We are loved by God, and we count.



Jim Weisgerber grew up in Vibank, a German Catholic farming community QC PHOTO BY BRYAN SCHLOSSER

Instead, he figures the pope is taking a back-to-basics approach of "sharing the gospel" and telling people "we are loved by God and we count — and we're valuable — the other stuff follows up that."

Another point as pope, Francis is "free to say exactly what he thinks God wants him to say."

"He's not trying to please any group — he's trying to preach the gospel," said Weisgerber, who adds the pope is acutely aware that if part of the world is growing richer, the other half is getting poorer and more bitter.

Moreover, there are no easy or painless solutions to this, said Weisgerber, who adds that "even some of the rich can see it — but they don't know what to do."

Looking at differences within Canada, Weisgerber worries about the continued marginalization of aboriginal people. "How long are they going to be willing to be simply overlooked? There's not much violence now, but there's always the danger when people have their backs up against the wall."

■ ■ ■ ■

Weisgerber's next job was at what was then called The College of Notre Dame at Wilcox, led by one of the most colourful clergymen Saskatchewan has ever seen.

Monsignor Athol Murray was a blunt-spoken classically educated intellectual who dedicated himself to creating, and keeping alive, the little college on the Prairie. When the American edition of The Readers' Digest profiled "Pere" in 1947, it said he had "the mind of a Greek scholar, the vocabulary of a dockworker and the soul of a saint."

He was no stranger to whiskey or a cigarette. He happily hounded donors for money and even weighed in against the CCF government during the medicare crisis of 1962, believing its approach an infringement on individuals' rights. Murray has been the subject of several books, one feature film and several documentaries, and received the Order of Canada. "He loved to campaign, he loved to crusade." Weisgerber said of Murray, whose 1975 death was front page news because of his devotion to the little college and his unshakable belief in the importance of the moral values that come with education and hard work.

Weisgerber soon went to do graduate work at the University of Ottawa, then returned to Regina and the archdiocese's office, wearing several hats including that of its first director of social justice — another creation of the Vatican II era. Discussion groups sprouted in parishes and there was a theme of "Affluence at what cost?"

There was a left-wing tilt in most mainstream Christian denominations in those days.

Multinational corporations were bad, everybody else was virtuous. Simple times.

Four decades since then has taught church thinkers that dismantling corporations overnight would cause tremendous dislocation and unemployment. Economic systems have become so complex that the push for eponymous "social justice" has been replaced by "social service" — that is, trying to help those who need it.

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There needs to be an apology at the top.



Pope Benedict greets Phil Fontaine in Rome. Fontaine, the former national chief of the Assembly of First Nations, and Weisgerber were part of a historic meeting at the Vatican in 2005. SUBMITTED PHOTO

Looking back, Weisgerber doesn't believe he was being groomed for higher rank. Instead it was a matter of "whoever they needed for a particular job — and who was available."

Weisgerber had postings to two parishes in northwest Regina before he volunteered for what turned out to be a life-changing experience: a parish in Fort Qu Appelle, where he learned about the people of the First Nations around it and their culture. Much of his job revolved about sitting with people, talking and listening. "Wonderful people!" he recalls. "Warm and with a huge sense of humour and inclusiveness." The existence of residential schools was known, of course, "but there was no judgment about it."

After returning to Regina and seven years at Holy Rosary Cathedral he was asked "out of the blue" to interview for the post of general secretary or executive director of the Canadian Council of Catholic Bishops, which is close as the Roman Catholic church in Canada has to a co-ordinating body. (Individual parishes report to Rome, not to a regional "manager" for Canada or North America.)

What Weisgerber remembers as a wonderful learning experience ended in 1996 when he was appointed archbishop of Saskatoon, ("a great diocese — one of the best in Canada") and continued the push to involve more ordinary or "lay" members in the management of the church.

This allows him to set the record straight on how much tangible management power an archbishop actually has: not a lot.

... so that people will be open to the power of the spirit.



Retired archbishop Jim Weisgerber at Holy Rosary Cathedral in Regina where a photograph of himself from years ago hangs on the wall today QC PHOTO BY BRYAN SCHLOSSER

"You can try to lead, but basically you don't have much power. Once you begin to force people, you don't have much at all," he said. Instead, 'you create openings so that people will be open to the power of the spirit.'

Four years later he was named to the equivalent position in Winnipeg. The residential schools issue was now red hot, and that has required Weisgerber to rethink his view of what had happened in them. Here he suggests a reading of Richard Gwyn's books on Sir John A. Macdonald, Canada's prime minister from 1867-1873 and from 1878-1891, a prisoner of mid-Victorian values and running a government perpetually short of money (personal and corporate income tax would not be introduced for another 40 years).

With the rapid disappearance of buffalo, Macdonald and his government wondered what do to with native people. Educating them to work in the white man's society was deemed the solution and his government's tool was residential schools, operation of which was contracted out to the Anglican, Methodist and Roman Catholic churches.

Continued on Page 8

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My bitterness and anger hurt many good people — *Phil Fontaine*



Retired archbishop Jim Weisgerber with a piece of ceramic artwork commissioned in his honour at Holy Rosary Cathedral QC PHOTO BY BRYAN SCHLOSSER



Archbishop Jim Weisgerber (second from left) at a news conference held by a Canadian delegation of residential school survivors. To his left is First Nations leader Phil Fontaine. SUBMITTED PHOTO



Jim Weisgerber in 1971 LEADER-POST FILE PHOTO

It was done with all the idealism of the late 19th Century, 'but very little awareness of the value of native culture — it was seen as not important," Weisgerber said. "It was, 'How do we remake these people as Christians and Europeans — for their own good?'"

For decades "we all believed that they (residential schools) were a wonderful way to try to bring people along," said Weisgerber. "We figured that these were good institutions where bad things happened — we realized they were bad places where some good things might have happened. It's hard to accept one's historical sins."

Little by little, Weisgerber reached out to aboriginal people. Hearkening back to his time in Fort Qu'Appelle, he required seminarians to spend time working on First Nations, met with aboriginal leaders and set up a social justice centre in Winnipeg.

But the residential schools issue persisted. A seminal event came around 2006 when Weisgerber met Pope Benedict in Rome and told him "there needs to be an apology at the top."

Benedict, so often stereotyped as a tough guy, instantly agreed. "That's my job," he told Weisgerber, who noted two more things: how quickly things happen when orders come from the boss — and how the next 12 months was "the worst year of my life" because of the possibility the historic apology ceremony would be derailed.

The Pope's attitude notwithstanding, middle management in the Vatican didn't want a precedent under which everybody with a beef against the church could take the matter to the top.

With agonizing slowness, arrangements came together and in April 2009, 50 Canadians of aboriginal ancestry, and five members of Catholic missionary congregations, went to the Vatican for a historic meeting. Benedict listened, apologized (speaking in Italian through a harried translator because he wanted to speak from the heart and feared his English wasn't adequate) and spoke about the need to move on and build a new relationship. It was, Weisgerber remembers, "very, very poignant."

Weisgerber wanted to learn even more about native culture and spirituality. In 2012, he was adopted by four Anishinaabe elders and community leaders, all of whom were survivors of residential schools. One was Phil Fontaine, who as grand chief of the Assembly of Manitoba Chiefs in the early 1990s put the schools on the national agenda.

He also apologized to the Roman Catholic church. "My bitterness and anger hurt many good people dedicated to our well-being and I only focused on the people who hurt us," Fontaine said. "I tarred everyone with the same brush and I was wrong. As you apologized to me on more than one occasion, I apologize to you."

■ ■ ■ ■

Having reached age 75 last year, Weisgerber retired as bishop of Winnipeg and arranged to move back to Regina, quipping in a Winnipeg Free Press interview that he was heading back to renew his Roughrider season tickets. He did — but he's also taken a leaf from native culture and simply wants to "learn how to be an elder." After all, he's got much to share, having learned a few things, particularly about balancing tradition with change and helping others.

Being an elder, "is not telling people what to do, but listening and talking and discussing and perhaps pointing out different options," he said.

"You can't get appointed as an elder. It's something that has to evolve from within a community."

wchabun@leaderpost.com

READ MY BOOK

LOCAL AUTHORS:
Writers tell us what makes their book worth reading

MARION MUTALA

The third Baba's Babushka adventure

It is only fitting that the third book in my trilogy should be a wedding book. Ukrainians love to have three-day weddings. My third book, Baba's Babushka: A Magical Ukrainian Wedding, is here. Will it be the last one? Now that would be telling.


Marion Mutala

Wedding bells are ringing in the past. The wind brings Natalia a babushka just like the ones her baba used to wear, taking the young girl on a magical journey to an autumn long ago to discover the wedding traditions of her Ukrainian heritage.

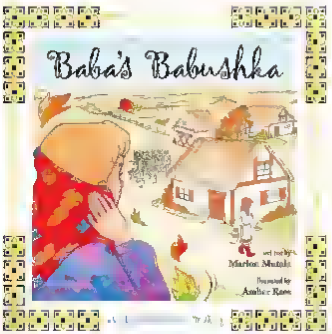
And love is definitely in the air. Even if you do not believe in Christmas or Easter from my two previous books you could believe in marriage and love.

To recap, in my first historical fiction children's book, Baba's Babushka: A Magical Ukrainian Christmas, Natalia goes back in time to Ukraine at the turn of the 20th century and meets another little girl, who turns out to be her baba. Natalia learns the precious and varied traditions of Ukrainian Christmas.

In book two, Baba's Babushka: A Magical Ukrainian Easter, Natalia learns the Ukrainian Easter traditions. With book three, Baba's Babushka: A Magical Ukrainian Wedding, the trilogy is complete.

The number three is a very special number to Ukrainian people because of the Holy Trinity and all three books capture the love inherent in my Ukrainian culture and family traditions. My grandparents, Tessie Woznakowski and Stefan Dubyk, emigrated to Canada in 1912, married and moved to Hafford, Sask. It was their story that inspired me to write these books. Pictures of my family members are included in the illustrations. My late mother, Sophie Mutala, was used as the model for the picture of the baba in the story based on pictures of her wearing her babushka. My picture is used for the little girl, Natalia.

So check them out and enjoy book No. 3 Baba's Babushka: A Magical Ukrainian Wedding or perhaps book No. 1, a national bestseller, a bestselling children's book at McNally (2010, 2011) and winner of Anna Pidruchney award. Baba's Babushka: A Magical Ukrainian Easter was also nominated for a Sask. Book Award in 2013. These three books really are perfect Christmas, Easter or wedding presents, or great additions to your library.



All three are available at McNally Robinson in Saskatoon, Indigo, Coles, Amazon.ca, Your Nickel's Worth Publishing or my website www.babasbabushka.ca

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IN THE CITY

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Support for Ukraine



Sergii Loskotov left holds a Ukrainian flag at a rally in support of Ukrainian protestors held at the Legislative Building in Regina QC PHOTO BY MICHAEL BELL

YOUR FAVOURITE PLACE
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MY FAVOURITE PLACE

Preschool in art gallery focuses on fine arts

By Rikkeal Bohmann



Preschool Fine Arts teacher Jodi Sobool at the MacKenzie Art Gallery. Her students were the first to curate an exhibit at the gallery QC PHOTO BY BRYAN SCHLOSSER

Jodi Sohoot has been a teacher and the co ordmator at Preschool Fine Arts Co-operative for more than a year She loves being able to ptay each day, while having access to the MacKenzie Art Gallery, where the preschoot is located

Q: *How did you begin working at the preschool?*
A: I have been working with the preschoot since 2011 I started out just helping out My son was attending the preschool and at that time it was at Grant Schoot I started out as an assistant Then last year, in November — the teacher co ordmator position opened up here and I thought, excellent this is the joh for me

Q: *Why the move from Grant Road School to MacKenzie?*
A: They were actually getting such an influx of students We pounded the pavement looking everywhere and we approached the MacKenzie Art Gallery and they took some time to think about it and they thought it would he a really great collaboration. It's turned out to be wonderfut. hetter than we could have ever imagined.

Q: *What does your average day look like?*
A: Well the kids come in get dropped off and have some free playtime to see their friends and play with them Then we venture out and talk about what's going on outside and we talk about the weather We explore the area around us. If it's nice out we go out into the meadow that's hehind the T C Douglas Building When studying Emily Carr in the fall we went into the meadow across to Wascana to took at the totem pole that s there We have access to such great outdoor space here, as well as tndoor space We talk about our calendar and what's going on We have numbers and letters we talk about every week and we have acttvities we do with our numhers and letters We have a story time, a snack time and then we fin ish our day with our art component and then our music and movement component

Q: *Do you have a favourite memory from working here?*
A: I guess the favourite memory right now would he the collahoration with the MacKenzie, where the chitdren have curated the exhibit. Never before have three-and four-year-olds curated an exhibit at the MacKenzie, let alone at any other art gallery in North America. For the children to have heen taken down to the vault and get to look at the pieces, and pick the one they liked the hest and it then gets hung in the gallery. They got to create a piece that looks like the piece they ve picked out of the vault and then that got hung in the gallery It was such a neat experience for them and for us teachers too — What they ve created is ahsotutely amazing

Q: *What makes you keep coming back?*
A: I love the kids They have so many things they can hring Seeing life through the eyes of a child is really a gift. I could have a thousand quotes every day from them that are just awe inspiring, funny and seeing their growth every day seeing them transform into littte people, contrihuting citizens. Just having fun and ptaying and not forgetting those things in life.

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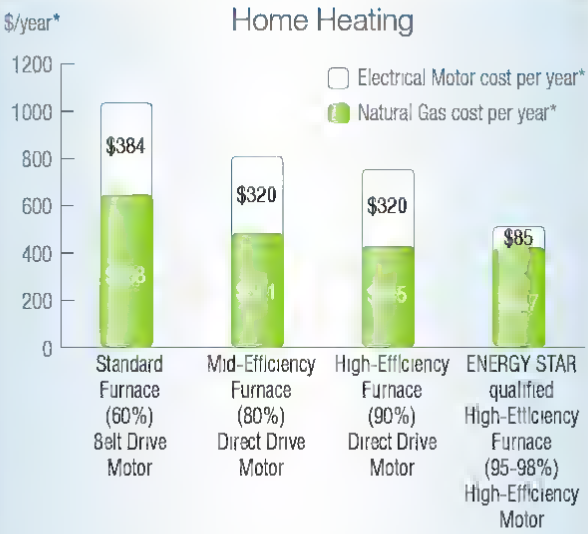
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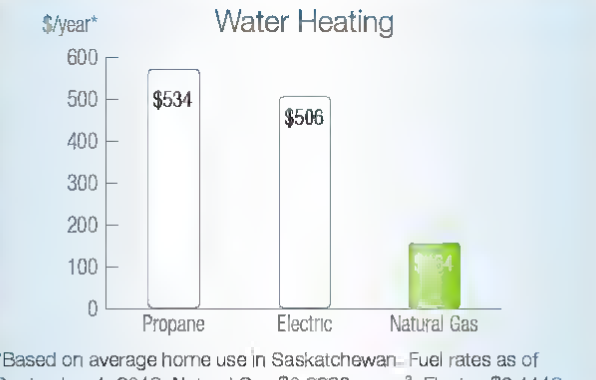
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EVENTS

What you need to know to plan your week.
Send events to qc@leaderpost.com

MUSIC

Wednesday, Feb. 26

Wednesday Night Folk: Little Chicago
Bushwakker
2206 Dewdney Ave

WayBack Wednesdays with Leather Cobra
McNally's,
2226 Dewdney Ave.

Solids
O'Hanlon's,
1947 Scarth St.

Thursday, Feb. 27

TB Judd, Brian Werren Band
McNally's, 2226 Dewdney Ave

Mill Street Blues
Mid-Winter Blues Festival
Royal Sask Museum,
2445 Albert St

Friday, Feb. 28

Rah Rah, Foam Lake, Snake River
The Exchange
2431 Eighth Ave

Mill Street Blues
Barley Mill, 6155 Rochdale Blvd.

Cadie Doo-Kingue and The Donors Hosted by Association Canadienne-Francaise de Regina and Regina Jazz Society
8 p.m., Bistro — Carrefour des Plaines
3850 Hillsdale St.

Charlie Musselwhite, Carolyn Wonderland, Morgan Davis
Casino Regina Mid-Winter Blues Festival
7:30 p.m., Casino Regina Show Lounge
1880 Saskatchewan Dr.

Saturday, March 1

Saturday Afternoon Blues Showcase
Jeff Mertick & Ramiro Sepulveda, Colin Wiest, Stillhouse Poets and Shane Reoch
1-5 p.m., Bushwakker, 2206 Dewdney Ave

Pat Travers, Omar and the Howlers, Monkey Junk
Casino Regina Mid-Winter Blues Festival
7:30 p.m., Casino Regina Show Lounge
1880 Saskatchewan Dr.

Monday, March 3

Monday Night Jazz & Blues
Bushwakker
2206 Dewdney Ave

Weekly Drum Circle
Instruments provided
7:30-9 p.m.
The Living Spirit Centre
3018 Doan Dr
Call 306-550-3911 for info

Tuesday, March 4

Rick Harris Jazz
Fortuna Ristorante Italiano
3215 East Quance

ART

Walking Lines/ Saskatchewan
Collaborative works by artists Rodney Konopaki & Rhonda Neufeldt unconventional landscapes of the prairie.
Until March 5. Art Gallery of Regina, Neil Balkwill Civic Arts Centre, 2420 Elphinstone St

Lucien Durey and Katie Kozak: Baba's House
Until March 6. Dunlop Art Gallery, Sherwood Village Branch,
6121 Rochdale Blvd



Rah Rah is playing The Exchange Feb. 28. PHOTO COURTESY CHRIS GRAHAM

You Are Here
Featuring works by Dennis J. Evans, Heather Banning, Vera Saltzman and Gabriela Garcia-Luna. In conjunction with Saskatchewan Prairie Light Photography Festival
Until March 29. Slate Fine Art Gallery,
2078 Halifax Street

Beyond Friberg: The Mounted Police in Art
Until March 31. RCMP Heritage Centre,
5907 Dewdney Ave.

Contemporary Canadian Perspectives
The Artists of Scott Nicholson Fine Arts
Until March 31.
Government House,
4607 Dewdney Ave.

Deville Cohen: Poison
Black-and-white Xerox images create dreamy, fragile, and cleverly theatrical stage settings for an 18 minute video
Until April 3. Central Library Mediatheque,
2311-12th Ave

Ian Johnston: Reinventing Consumption
A three-room installation featuring sculptures examining creation and consumption
Until April 3. Dunlop Gallery, RPL Central Library, 2311 12th Ave.

Shirin Neshat: Soliloquy
A dual projection video installation by Iranian-American artist Shirin Neshat, complementing the work of Saskatchewan filmmaker and video installation artist Amalie Atkins
Until April 27.
MacKenzie Art Gallery,
3475 Albert St.

Barbara Steinman: The Giants' Dance
Photographic installation explores the relationship between personal belief and organized religion
Jan. 25-May 4
MacKenzie Art Gallery,

Canadiana
What does it mean to be Canadian? A celebration and examination of our country's landscape by Canadian artists Augustus Kenderdine, Dorothy Knowles and Ernest Luthi
Until June 14
MacKenzie Art Gallery

Amalie Atkins: we live on the edge of disaster and imagine we are in a musical
Video installation highlighting the work of Saskatoon filmmaker Amalie Atkins
Until June 14.
MacKenzie Art Gallery.

Contemporary Canadian Landscape and Place
The Artists of Scott Nicholson Fine Arts
SaskCentral,
2055 Albert St.

Oakland Gift and Fine Arts
Oil and ink paintings by Chinese artists Lingtao Jiang and Hualyi Tian.
2312 Smith St. Open Monday to Saturday, 10 a.m.-5 p.m.

THEATRE/ DANCE

How to Give Feedback
Workshop for poets and performers
Every Thursday, 7-9 p.m.
Creative City Centre,
1843 Hamilton St

Alexander Abrams' Magical Space Boots
Shumiatcher Sandbox Series
Feb. 28-March 1
Globe Theatre, 1801 Scarth St.

Wingfield Lost and Found
Until March 2
Globe Theatre, 1801 Scarth St.

Dance Talk Lecture Series
Rober Racine
Montreal-based guest dance artist to speak about his creative processes in English and French
March 4, 6-8 p.m.
RPL Film Theatre, Central Library, 2311 12th Ave

Vontrapped: The Sounds of Music
Until June 13
Applause Dinner Theatre, lower level, 1975 Broad St.

SPECIAL EVENTS

1914: A Turning Point in History and Culture
Centenary Reflections at the University of Regina
Literary Legacies of the Great War
Feb. 26, 7-8:15 p.m.
U of R John Archer Library, Archives Reading Room

Regina Pats vs. Swift Current
Feb. 28, 7 p.m.
Brandt Centre,
Evraz Place

Telemiracle 36
March 1, 9 p.m. until March 2, 5 p.m.
Conexus Arts Centre

Girl Guide Tea, Bake Sale and Carnival
March 1, 1-4 p.m.
Westhill Baptist Church
8025 Sherwood Dr.

Shove Tuesday Pancake Supper
March 4, 5-7 p.m.
All Saints Anglican Church
142 Massey Rd.
Call 306 586-4420 for details

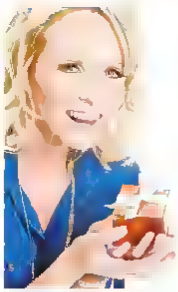
Event listings are a free, community service offered by QC. Listings will be printed if space permits.

NEXT WEEK: How did you choose your child's daycare/ babysitter? **Email qc@leaderpost.com**

PARENT TO PARENT

Each week QC gathers advice from parents to share with other moms and dads. This week we asked:

What are you thoughts on "push presents"?



"The best gifts I have ever received are my three healthy beautiful children." — Erin Kabatoff

"I think it's a dumb idea to be honest." — Megan Yannacoulias

"It's stupid. Fathers don't get conception presents." — Lisa Walker

"I hate the name but I like the idea of the heirloom gift (get a gift on the day baby is born that you can pass down to baby when they are older)." — Eastlyn Megan

"Isn't the fact that you brought a child into the world precious enough? A push gift seems like 'Way to git 'r done, dear. Having dad around to help with diapers and all is the best gift!" — Krysta Doerksen

"I got one. I had told my husband previously that every time I smell a certain perfume it brings back memories of my first born because that was the perfume I wore back then. So when we had our second baby he bought me new perfume so I could relive all those baby memories with that scent. I thought it was very sweet of him... but I certainly did not expect any gifts for labour." — Nicole Nicklin

"It's just another way society is trying to bleed people dry financially." — Katelyn Brewer

"My children have been the most cherished blessings I have received. No gift /push present could top that!" — Shelley Stahl Heuchert

"Stupid.. and insulting, frankly." — Amanda Mauch

"It's kinda silly. Why do people always need presents? Isn't the presence of your new born baby in your arms enough!" — Sheri Sampson Luoma

"I hate the name, and I don't think it should be expected, but I certainly don't think it's horrible for a man to give a woman a gift after such an event. It just shouldn't be a demand, in my opinion." — Hailey Born

"I never received 'push presents.' In fact, I hadn't even heard of them until a few weeks ago. Seems kind of silly. The best present of all is that tiny new born bundle of joy." — Carla Contreras

"I see absolutely nothing wrong with a man wanting to get something for the woman who had his child if he wants to. I will admit, some people get a little carried away and I have heard that some women expect it now, but I feel in this instance (like I do any other life event or holiday), a gift should never be expected or demanded but appreciated when received. My husband got me a flower arrangement when we had our first and nothing when we had our second and I was completely fine with that." — Shelly Lambert

"Absolutely! It's a hard process being pregnant then giving birth. You get the greatest gift of having a baby, but a little something on the side just lets you know your partner was thinking just of you." — Alysia Czmuchalek

"I sure didn't get a push present, and can't say I've ever heard of them. I think it's ridiculous that our society has become so accustomed to having to give presents for what seems like everything! My spouse shouldn't need a special day or reason to give a gift, it's more meaningful if it's given just because, rather than because he feels compelled since everyone else is doing it." — Michelle Grodecki

"I didn't know there was such a thing. I believe in giving gifts for whatever reason someone wants to. Whoever said 'Christmas comes but once a year' is mistaken. It can be every day if you feel the urge to give." — Judy S

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Formal Program: 7:00 - 9:00 p.m.

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KAV & CLAY

Hip-hop duo is all about inclusion



Kav & Clay is Amoz Newkirk (left) and Ivan Anderson SUBMITTED PHOTO

By Ashley Martin

How long have Kav & Clay been making music?

It's one of the first questions of the duo's first ever media interview. By the way, "I was very excited to get the email," says Ivan Anderson.

The answer is about four years, though Anderson says the joke tracks don't count.

"Which ones are those?" replies bandmate Amoz Newkirk.

Their songs tend toward a jokey, nerdy nostalgia. Their name was inspired by a novel about comic books.

"It's the duo of them, the duo of us. That's the point, the spot where we come from — a little nerdy, a lot of nostalgia, really D I Y," says Anderson.

Both Anderson and Newkirk played in hardcore bands. Rap isn't as much of a switch as you might think.

"Honestly, hip hop, rapping, was the closest thing to singing in a hardcore band. The way you vocalize and the flow of the words, it just came naturally after that," says Anderson.

Saskatchewan's hip hop scene is growing, and Kav & Clay believes in helping the cause.

"There's a lot of really, really really talented people making a lot of really awesome, awesome music and we just want to get it out there more," says Anderson. "Way less about our stuff, we just want to help build the scene and be involved and work with people.

"It's good to have a welcoming attitude. Friends rule is our motto. Hashtag friends rule."

Working with people, because there's strength in numbers, Newkirk has had a group mentality since childhood.

"I was never really about the solo superheroes when I was a kid. I was always about the groups, like the Ninja Turtles and Ghostbusters and the teams. No one really had the extreme super powers but as a team they work together and just dominate," he says.

"Super inclusive, that's what we want," says Anderson.

"We just want everybody to rap," adds Newkirk.

With changing technology, that's getting easier.

"There's this D I Y attitude now with hip hop, you don't need to break the bank, you can make really professional sounding tracks in your basement," says Anderson.

Kav & Clay is always doing new things, making new tracks, posting them online, taking them down, remixing. The duo's first EP is coming out this spring.

Some of the best producers and people out there are 16-year old kids with a laptop and a backpack," says Anderson.

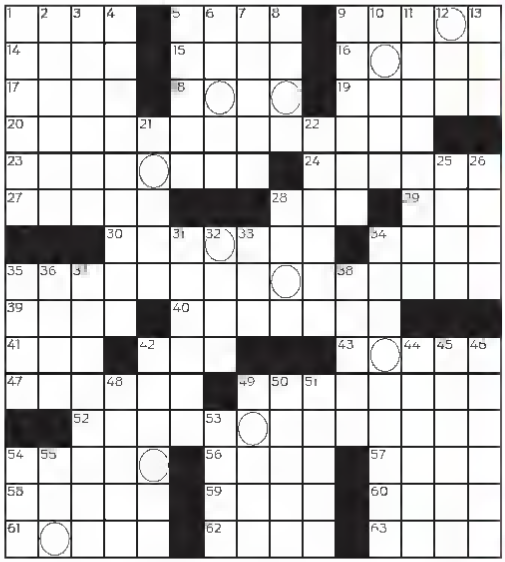
Newkirk will sample "whatever catches my ear." He makes beats too, but prefers sampling for this simple reason.

"When somebody samples a song and does a good job of it, they get to bear that song again and it's bringing it back and showing new generations awesome old music."

In Regina, you can usually catch Kav & Clay at Flip's hip hop jam night every second Thursday.

CROSSWORD

NEW YORK TIMES *Edited by Will Shortz*



PUZZLE BY JARED BANTA

ACROSS

1 Arcing shots
5 Liberal arts subj.
8 2010 Jennifer Aniston movie
14 Spread unit
15 Keen on
16 Drop off
17 "South Park" boy
18 "Where America's day begins"
19 "___ pray"
20 & 23 Giant in fairy tales
24 ___ Quimby of children's lit.
27 Rock band named for an inventor
28 Do some diner work
29 Tough spot
30 Kicked to the curb
34 Ending with tea or cup
35 Story mapped out in this grid, from lower left to upper right
38 Much binary code
40 Flat takers
41 Music genre that influenced No Doubt
42 Top point value of a Scrabble tile
43 Debussy masterpiece
47 Purposely loses
48 View from a highway overlook
52 Publishers of 35-Across, with "the"
54 Hungry as ___
58 Trial fig.
57 Answer to "That so?"
58 Associate with
59 Like many highlighter colors
60 Where many Sargents hang, with "the"
61 Do-it-yourself libation
62 Ray of fast-food fame
63 Bad marks for a high schooler?

DOWN

1 Criticize severely
2 Pump figure
3 Ranch irons
4 Lacking reason
5 Weather map notations
6 Get used (to)
7 Woodworker's supply
8 Some cats
9 Actresses Shire and Balsam
10 Letter-shaped girder
11 Emulate Jack Sprat
12 Ungar of poker
13 Broomstick riders
21 Ache for
22 Walk through deep snow, say
25 Company endorsed by Tiger Woods
26 Relative of a lutz
28 Hospital count
31 Most cool, in slang
32 City east of St. Lo
33 Weigh station wts.
34 Swiss "king of hoteliers"
35 Rio vis-à-vis the 2016 Olympics
36 Egyptian "key of life"
37 It has a low percentage of alcohol
38 Record again
42 Like some farm cultivators
44 Drink sometimes served in a hollowed-out pineapple
45 N.F.L. career rushing leader ___ Smith
46 One of 11 pharaohs
48 Provide an address?
49 Fizzle (out)
50 "Star Wars" droid
51 Justin Timberlake's former group
53 Hammerin' ___
54 In the house
55 Dribble catcher

JANRIC CLASSIC SUDOKU

Level: GOLD

Fill in the blank cells using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle.

The difficulty level ranges from Bronze (easiest) to Silver to Gold (hardest).

	4			3	8	9		
5		3	2					8
	9					7		1
	1				9	2		
	3		5	7	6		1	
		4	1				7	
9		7					2	
3					7	4		5
		8	3	5			9	

Solution to the crossword puzzle and the Sudoku can be found on Page 21





CITY FACES

CLINT SHKURATOFF

From answering phones to chairing the event

By Rikkeal Bohmann



Clint Shkuratoff and Telemiracle Teddy. Telemiracle 38, a telethon event to raise money for special needs equipment and treatment, is March 1. QC PHOTO BY BRYAN SCHLOSSER

Clint Shkuratoff remembers trying to stay up late as a young child to watch his parents on Telemiracle.

So began his long time association with the annual telethon that raises money for special needs equipment and medical assistance in Saskatchewan.

Shkuratoff's grandparents and parents were farmers. After high school, he tried a few different things, until realizing farming was what he was meant to do as well. Coming from small-town Saskatchewan, Shkuratoff was looking for something else to do with his time. Following in his parents' footsteps once again, he joined the local Kinsmen club when he was 19.

"A lot of my friends were going into Kinsmen, so I went and it booked me," he said.

Now the chair of Kinsmen Telemiracle 38, Shkuratoff's first position with the group was answering phones in 1995.

"It's hectic, but a lot of fun," he said.

Nineteen years after Shkuratoff began with Telemiracle, he has made many lifelong friends. As much as he likes catching up with his friends, though, his favourite part has been able to help people while doing something he enjoys.

"Knowing you're helping someone who needs a service is really good and that all (the money raised) is going to people in your province."

When Shkuratoff isn't taking his two kids to hockey and figure skating, he's checking on his farm and more recently, doing Telemiracle business.

Although his children think their dad has to attend a lot of meetings, Shkuratoff said they also love Telemiracle and what it does for people. His wife, Jesse, has also volunteered with Telemiracle as a Kinette.

Shkuratoff said he has a great team to work with on organizing this year's event.

As chair, he travels between Regina and Saskatoon where he visits previous sponsors and thanks them for their support. He attends foundation meetings and gets to see exactly where Telemiracle money is spent and who it is helping.

The people he meets on his travels continue to surprise him.

"It's amazing to see how much people appreciate what you do. They're thanking you, but they raised the money."

Although Telemiracle doesn't set a goal amount to fundraise, Shkuratoff said they're hoping to get as much as they can this year and as always, urged people to "ring those phones!"

The doors to Telemiracle 38 open at 8 p.m. at the Conexus Arts Centre in Regina, or watch the show on CTV throughout Saskatchewan.

OUTSIDE THE LINES

Colouring contest

Each week, Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to qc@leaderpost.com. One winner will be chosen each week.





Last week's contest winner is Nikol Ostrovski. Thanks to everyone who submitted entries!

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SHARP EATS

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#SASKATCHEWAN FOOD TRENDS

Juicing your way to health

By Jenn Sharp



Left: Nature's Best Green Dragon juice. Above: Know Your Roots and Sweet Envy from Thrive Juice Co. QC PHOTO BY MICHELLE BERG

Juicing has quickly become the newest health craze. Proponents wax poetic on Facebook, and my inbox has been inundated with articles on juicing's benefits.

Juice bars serving up freshly squeezed, made-to-order concoctions are the norm in larger centres. In Saskatchewan, it's relatively hard to find. As juicing hits the mainstream, expect that to change.

Then there are the places that have sat back quietly and waited. Take Nature's Best Market & Vitamins in Regina. The Cathedral institution has been offering freshly squeezed juice and blended smoothies for years, long before it was trendy to do so.

Along with the sweet berry and fruit smoothies (all of which have no added sugar), are fresh juices using ingredients like carrot, beet, celery, parsley, apple, spinach, orange, kale and garlic.

I tried the Green Dragon – a vibrant combination of celery, kale, parsley, spinach, cucumber and green apple. At $10, it's a pricey drink but that's because it's full of more green vegetables than most of us get in a week. It tasted great — like drinking a freshly mowed lawn with a hint of sweetness thrown in – but I think part of the taste is the feeling of doing something really good for your body.

Thrive Juice Co. started up in December in Saskatoon. Promoted as "Saskatoon's first raw and organic cold-pressed juice company," the juices are currently only available through pop-up shops at various locations in the city.

In most circumstances, you're meant to drink a fresh juice within 15 minutes of making it to reap the full nutritional benefits. Heat and oxidation are not used during Thrive's juicing process. That means the cold pressed juices, all with zippy names like Sweet Envy and Know Your Roots, have a longer shelf life of up to four days.

A longtime smoothie lover, I gave 'juicing' a whirl and love it. I feel weird using that word, though — the way nouns are turned into verbs once that action becomes popular (like gaming) is strange to me.

It's easy to get confused about smoothies vs. juices — is one better than the other? Nutritionists are divided but most agree there's a role for both in a healthy diet.

Juice is generally used for an instant bit of energy, as the body is able to absorb nutrients directly into the bloodstream once fiber from fruit and vegetables is removed. Smoothies are an easy way to get fiber into your diet and can serve as quick meal replacements. Both should be considered if you find eating vegetables a dull chore.

Nature's Best juice bar is located at 2224 14th Ave. in Regina. Check out Thrive Juice Co. at www.thrivejuiceco.com and look for a Thrive Juice food truck this spring in Saskatoon.

jksharp@thestarphoenix.com
Twitter.com/JennKSharp

SMOOTHIE AND JUICE BENEFITS

Whatever your choice, nutritionists recommend a three to one ratio of vegetables to fruit to keep the sugar content down. While juices generally shouldn't be used as meal replacements, substituting a juice for a daily snack can radically change your health. And try adding ginger. It's an inflammation-fighting powerhouse.

SMOOTHIES

- Fiber pulls out toxins from body
- Easy to add high-quality fiber like flaxseeds and vegetables
- Protein powder can be added to make it a meal
- Easy to add filling, healthy fats like avocado
- Great way to get greens into diet especially for picky kids – fruit masks flavour of vegetables

JUICES

- Indigestible fiber removed from plants
- Provide an instant shot of vitamins, nutrients and enzymes to the bloodstream
- Body is able to easily absorb nutrients from juice – instant energy
- Juiced leafy greens provide chlorophyll, natural body cleanser and blood oxygenator

WINE WORLD

LA BASCULA HEIGHTS OF THE CHARGE

Sharp Spanish white pairs well with tapas, seafood

By James Romanow



Fish, shellfish, octopus and squid are a huge part of the Spanish diet; ham and sausage run a close second. All of these foods are white wine foods and Spain makes some of the best in the world. They are also remarkably inexpensive.

Because they are largely unknown in Western Canada, they are poorly distributed and patronized by us, keeping them off the shelves here. I was greatly pleased when the SLGA listed La Bascula Heights of the Charge. It's a verdejo and viura blend, both of which are bright, crisp wine grapes.

The Rueda region is high, about 800 metres, a flat mesa in northwestern Spain criss-crossed with trails, everything from a bit of the Camino de Santiago to trade routes. It was also a battlefield for everyone from the Moors — who brought the verdejo vines to Spain — to Wellington and Napoleon. (Coincidentally the Brits were led by a general named Moore.)

The height means daily temperature swings that can exceed 25 degrees. The soil is terrible and the resulting stress on the vines makes for a potent acidity and a compelling pairing with the tapas that is popular throughout the peninsula. It is a sharp clean wine, with a tremendous backbone of minerality when handled well.

Viura (aka Macabeo) is another crisp grape that most people know from drinking cava from the Catalan region. The pairing of the two makes for a wonderful lemon lime sort of wine with an angular palate and an utterly tremendous finish that will linger long after your oyster slides down your throat.

If you're a tapas or seafood lover, this is a wine you need to try.

La Bascula Heights of the Charge, Spain 2011, $19, ****

I'm hosting a trip to Napa. Details at drhooze.com

Crossword/Sudoku answers

L	O	B	S		H	I	S	T		T	H	E	S	NITCH
A	C	R	E		I	N	T	O		A	B	A	T	E
S	T	A	N		G	U	A	M		L	E	T	U	S
H	A	N	S	C	H	R	I	S	T	I	A	N		
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		B	R	O	T	H	E	R	S	G	R	I	M	M
A	B	E	A	R		A	T	T	Y		I	T	I	S
T	I	E	T	O		N	E	O	N		T	A	T	E
HOME	B	R	E	W		K	R	O	C		Z	I	T	S

1	4	6	7	3	8	9	5	2
5	7	3	2	9	1	6	4	8
8	9	2	6	4	5	7	3	1
7	1	5	4	8	9	2	6	3
2	3	9	5	7	6	8	1	4
6	8	4	1	2	3	5	7	9
9	5	7	8	1	4	3	2	6
3	2	1	9	6	7	4	8	5
4	6	8	3	5	2	1	9	7



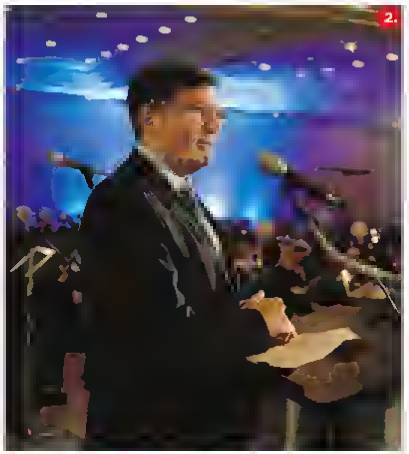


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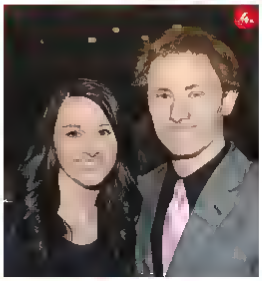
AN EVENING IN GREECE

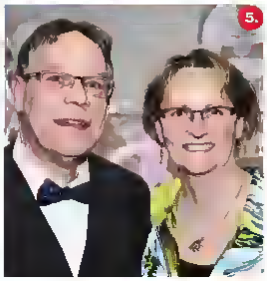
St. Paul's Greek Orthodox Church held its 20th annual fundraising gala, An Evening in Greece, on Feb. 22. Over 800 people came out to Regina's premier social fundraiser and donated generously to minimally funded local charities. Guests enjoyed an evening of authentic Greek cuisine, live entertainment and dancing, along with a selection of live and silent auction items. In keeping with Greek tradition, they were even encouraged to break plates and shout "Opa!" In 1994, the Regina Chapters of AHEPA and the Daughters of Penelope founded the event. Thanks to the current partnership with St. Paul's Greek Orthodox Community of Regina, the Evening in Greece has raised $1.5 million to date. Recipients of the 2014 gala are, Autism Regina, Cosmopolitan Learning Centre, Hospitals of Regina Foundation, Regina Palliative Care, Regina Therapeutic Riding Association and Regina Adult Learning Centre.


1.


2.


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1. Sarah McCune and Casandra Moscaliuk

2. Costa Maragos emcees at An Evening in Greece fundraiser

3. Chris and Alana Chernecki

4. Allison Stinson and James Mitchell

5. Darren and Annette Polasek

6. Dann Olesen and Erinn-Jane Brawn

7. Ani Agioritis and Kasiani Parisone

8. Trish Wrishko and Debbie Lillie

QC PHOTOS BY MICHAEL BELL


6.


7.


8.

JOB FIND

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LEADER-POST The StarPhoenix

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REGINA • MONDAY, MARCH 31, 2014
CONEXUS ARTS CENTRE

SASKATOON • WEDNESDAY, APRIL 2, 2014
PRAIRIELAND PARK

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SIAST



BOOTH PACKAGE

ON SITE BOOTH SPACE FOR YOUR BUSINESS TO INTERACT WITH ATTENDEES

WHAT YOU GET

- 10' x 10 booth
- 8' fabric back drape, 3' fabric side rails
- 1 - 8' skirted table 2 chairs
- 3 col x 40 line ad in Job Find feature (Career section) Saturday March 29th
- Continental Breakfast, Buffet Lunch
- Multi-platform event promotional campaign – print, digital mobile
- Social Media campaign – Facebook and Twitter
- Opportunity to interact with upwards of 1 000 people currently seeking employment
- Private interview areas for confidential onsite meeting with perspective candidates

INVESTMENT $595.00

JOB BOARD PACKAGE

FOR COMPANIES HIRING BUT UNABLE TO ATTEND THE EVENT IN PERSON DUE TO STAFFING OR TIMING ISSUES

WHAT YOU GET

- Company logo and up to 20 words describing the opportunities you are recruiting for (posted within our booth on our giant Help Wanted Job Board)
- Leader Post and StarPhoenix representatives will collect and forward resumes from Job Find attendees who express an interest in applying to companies listed on our Job Find Help Wanted Job Board
- Resumes collected will be sorted and forwarded to the appropriate company contact
- Allows your organization to participate in Job Find when you can't attend in person
- Great way to have representation in front of upwards of 1 000 job seekers looking for immediate work opportunities

INVESTMENT $250.00

RESERVE YOUR JOB FIND PACKAGE TODAY!

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